H-M RRC Newsletter, March 25, 1973

RESULTS of the 7.6 and 20.0 runs, SUNY campus, Albany, NY, March 25.

Name	7.6 mile	es Place	13.8 miles	20.0 mile	Place
Jim Bowles Paul Rosenberg Austars Schnore Robert Wafer Chuck Clark	46:23 46:40 47:49 48:33 49:22	1 2 3	1:31:35	2:43:40	10 (tie)
Richard Crane Jim Gebhardt Ted Bick Doug Allen Bill Albers Dave Hodgdon Mal McConnell Greg Wilcox Steve McConnell Jim Henzel Herb Riley Tim Atwell Gage Hotchkiss Stan Bednarski Dave Willig Alan Maddaus John Powell Bob Bullock Ed Thomas Ted Grenda John Ross Mike Adler Cathy Shrader Mel Katz	49:12 50:12 50:12 50:12 50:12 50:13	4 	1:29:30 1:29:30 1:29:30 1:29:30 1:29:30 1:31:37 1:42:05 1:39:10 1:36:05 1:38:10 1:41:44 1:41:50 1:43:35 1:42:15	2:08:05 2:09:47 2:13:56 2:18:15 2:13:36 2:13:36 2:23:40 2:24:29 2:43:40 2:24:29	1 2 4 6 3 57 8 10 (tie)
Bill Shrader Lindsay Childs	DNF DNS				

A warm hazy day brought out a large group of runners and no officials for the "lastchance qualifier and preBoston workout", run on a three-loop course with 1.4 miles of track and lake at the beginning. Jim Bowles, who warmed up with a 15 mile workout in the morning (he said) came in first in the 7.6 mile run, but having entered the 20, he took a 3 minute rest and then ran with Chuck Clark, Mal McConnell and Alan Maddaus the rest of the way, leaving Paul Rosenberg the winner of the 7.6 mile run, being the first entrant to finish. The 20.0 mile run became a race only in the last loop, when Jim Gebhardt broke away from four others, and finished 1:42 ahead of Ted Bick with the others fading. Mal McConnell and Tin Atwell showed good sense of pace as they came from behind to finish third and fifth. The first nine finishers in the 20 met the Boston standard of 2:30, or 7% minutes per mile. Your editor had to officiate and did intervals running back and forth along various points of the course before help arrived.

If you aren't going to run, please help officiate!